

Dr. Jenn's Crockpot Pork Tenderloin

Here is what you need:

- 2 pounds of pork tenderloin
- ¼ cup Bragg's Aminos
- 1.5 tablespoons of yellow mustard
- 2 tablespoons of olive oil
- 3 tablespoons of maple syrup
- ¼ cup diced onion or 1 shallot
- 1 teaspoon onion powder
- 1.5 teaspoon garlic powder

Here is what to do:

- Turn crock pot onto low
- In large measuring cup add all the ingredients for the marinade and mix.
- Place tenderloin in crock pot and pour over the marinade
- Cook on low for about 5 hours for two small tenderloins and 6 for one large one.
- Slice and serve pouring the juices over the meal.

Enjoy!